

## Remember

Babies should never sleep  
in a bed with anyone who:

- Is a smoker
- Has used alcohol, drugs  
or medications that  
make you sleepy
- Is too tired to respond  
to the baby
- Is very overweight
- Is a child



### Safe Sleep Work Group

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# Planning a Safe Place for Babies to Sleep

## Why should I read this?

Throughout the first year of life, sleeping babies have died accidentally from:

- Suffocation
- Smothering
- Wedging
- Being trapped under someone or in bedding and
- Sudden Infant Death Syndrome (SIDS).

Babies sleep in many places. This is often based on cultural, traditional or personal reasons. Regardless of where babies sleep all babies need a safe sleep environment.

The following tips will decrease a baby's risk of dying while sleeping.

## Things to do to make babies safer during sleep:

**Do** place babies on their back to sleep

**Do** place babies on a firm, flat surface

**Do** use a sheet which fits tightly around the mattress

**Do** use a sleeper or a sleep sack instead of a blanket

**Do** keep baby's head and face uncovered

## OTHER TIPS TO KEEP BABIES HEALTHY:

Back is best for sleep, but babies need tummy time to play!

Breastfeeding is best for babies!

## Things not to do:

**Don't** place babies on a soft mattress, waterbed, couch, chair, pillow, comforter, or other soft, fluffy surface

**Don't** place babies on a mattress placed up against a wall

**Don't** dress babies too warmly

**Don't** use an older crib with openings wider than a soda can (2 3/8 inches)

**Don't** let babies sleep with toys, laundry, pillows, bumper pads, other children or pets

**Don't** use wedges or cushions to position babies

**Don't** smoke or allow anyone else to smoke near babies!

